

Zucchini Noodle Salad

Recipe



Yield: 6 cups

Ingredients

- 4 zucchini, ends removed
- 1 cup sungold cherry tomatoes, cut in half
- 1 cup black beans
- 1/4 cup salsa
- 1/4 cup olive oil
- 1/4 cup feta cheese, crumbled

Instructions for Adults

Set up spiralizer with narrow blade to create thin noodles.

Instructions for Kids

- Use a knife to cut ends off zucchini. Set aside.
- Slice cherry tomatoes in half. Set aside.
- With the help of an adult, fit one zucchini onto prongs of spiralizer. Turn crank of the spiralizer to create zucchini noodles. Repeat with each zucchini.
- Place all zucchini noodles in a bowl. Add cherry tomatoes, black beans, olive oil, and salsa. Top with feta cheese.

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